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These search terms have been highlighted: **pectin binder**

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### **Fat**

Macronutrient that is a source for long term energy and energy storage (as adip tissue); necessary for absorption and transport of fat-soluble vitamins and constituent of hormones and cell membranes (1 gram=9 calories).

### **Fatty Acids**

A group of organic acids in animal or vegetable fats

### **Feverfew**

Feverfew (*Tanacetum parthenium*), also known as Bachelor's Button, is a comr flowering aromatic plant. Feverfew was known to the ancient Egyptians and Greeks who regarded it as a valuable remedy to alleviate headaches, joint pain, stomach aches, menstrual pains and fever. For centuries it has also been employ as an emmenagogue to promote menstrual flow. See: [Feverfew](#)

### **Fiber**

The more insoluble the fiber is (fiber that does not dissolve in water), the better is for you. Insoluble fiber reduces the risk of colon cancer and high blood press Fruit fiber seems to be more beneficial then vegetable or cereal fibers, probably because fruits are loaded with **Pectin**, an insoluble fiber. As a rule, the higher tl insolubility, the fewer the calories. Corn bran is the best, followed by wheat br and then oat bran. See: [Psyllium Husk](#)

### **Filler**

An inert substance used in to add mass to a tablet, softgel, or capsule.

### **Fillers, Binders, Excipients**

#### **Acacia gum**

Plant extract used as a **binder** to hold materials together.

#### **Acidisol**

Acidic filler for increased ingredient activity.

**Alcohol**

Adds mass and preserves liquid ingredients.

**Apple Pectin**

Speeds absorption and breakdown of capsule or tablet.

**Avicel**

A microcrystalline cellulose that helps with tablet compression and aids in tablet disintegration.

**Calcium Carbonate**

Mass adding filler with low weight/mass ratio. Used in products where a lot of size needs to be added with little weight.

**Calcium phosphate- dibasic**

A mined, naturally-occurring mineral that helps with tablet compression. It can be considered both a **binder** and a filler.

**Calcium stearate**

Adds mass to tablet and acts as lubricant in breakdown.

**Calcium Sulfate**

Sulfur based filler used mainly in tablets and capsules.

**Carbomer**

A synthetic gelling agent necessary to obtain a water-based gel.

**Cellulose**

Microcrystalline ingredient in tablet coatings and capsules.

**Cellulose acetate phthalate**

Used as an enteric coating which provides both buffering and time release actions.

**Citric Acid**

a natural preservative.

**Dextrose**

Used as a basic filler and also acts as disintegrant to facilitate breakdown.

**Dicalcium Phosphate**

Used mainly to bring additional mass to tablet. Also "cements" tablet together.

**Diethyl phthalate**

Used as a "plasticizer."

**Ditab (dibasic calcium phosphate)**

A mined, naturally-occurring mineral that helps with tablet compression. It can be considered both a **binder** and a filler.

**Eleema P100**

Anti-fungal compound. It sounds chemical laden, but it is a natural product.

**Fructose**

A sweetener for chewable or sublingual tablets.

**Fumed silica**

Used as a flow agent in manufacturing.

**Gelatin**

Binds sublingual or chewable tablet together.

**Glycerin**

Adds mass to either liquid or softgel products.

**Hydroxypropyl methylecellulose**

Derived from cellulose (which is from wood pulp or cotton seed fiber), it is used as a tablet **binder** or coating agent.

**Flavonoid**

Any of a large group of crystalline compounds found in plants.

**Fluoride**

A naturally occurring element found in the soil, water, plants, and animals. Sodium fluoride is regularly added to drinking water supplies, usually as 1 part per million parts of water, for its proven ability to reduce the formation of dental cavities by up to 70%. Fluoride, along with adequate levels of calcium, phosphorus, magnesium, and vitamin D is required to maintain strong bones and teeth.

**Folic Acid**

Necessary for the production of red blood cells. Essential for normal metabolism. A deficiency may cause a form of anemia. Drinking alcohol and taking oral contraceptives can cause lower levels of this vitamin in your body. Especially important during pregnancy to prevent birth defects. See: Folic Acid

**Free Form Amino Acids**

Separate and isolate amino acids not bound or linked to any other amino acids. See: Amino Acid Complex

**Free Radicals**

Free radicals are highly reactive molecules in the body which can destroy tissue by oxidizing cell membrane lipids and damaging DNA, the body's genetic material. Free radicals are produced through the body's normal process of metabolizing the air we breathe and the food we eat, as well as exposure to tobacco smoke, excess sunlight and environmental pollutants. Antioxidants work in the body by neutralizing free radicals before they can do significant harm.

**Fungus**

One of a class of organisms that include yeast, mold, and mushrooms. A number of fungal species, such as *Candida albicans*, are capable of causing severe disease.

immunocompromised hosts.